

## WHAT IS CLAIMED IS:

### 1. A glowing mouth guard, comprising

a transparent main body capable of being steadily held in a user's  
5 mouth;

a transparent glow element for insertion in the main body; the glow  
element having an outer holding part formed with a plurality of  
separate holding rooms, which contain respective easily-breakable  
sealed tubes as well as respective first chemicals therein; the sealed  
10 tubes containing respective second chemicals therein; one of both of  
the chemicals in each holding room of the glow element being a  
catalytic agent, and other one being a luminous chemical, which can  
produce fluorescent glow through a chemical reaction with help of  
the catalytic agent when it is mixed with the agent, such that the  
15 holding rooms of the glow element have respective ones of a  
plurality of different-colored fluorescent glows shining.